



KNOW Before You Go!

Swim Safely

There are many inherent risks associated with water recreation and sports. Dangers associated with activities such as boating, water skiing, and cliff jumping can be avoided if proper precautions are taken. Follow the information to ensure your personal safety.



Prevent Drowning

- **SUPERVISION.** Designate a responsible adult to watch young children. Supervisors of preschool children should provide “touch supervision”—i.e. be close enough to reach the child at all times. Adults should not be involved in any other distracting activity (such as reading, playing cards, talking on the phone, or mowing the lawn) while supervising children.
- **BUDDY SYSTEM.** Always swim with a buddy. Select swimming sites that have life-guards when possible.
- **AVOID ALCOHOL.** Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.
- **LEARN TO SWIM.** Formal swimming lessons can protect young children from drowning. However, constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes.
- **LEARN CARDIOPULMONARY RESUSCITATION (CPR).** In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone’s life. CPR performed by bystanders has been shown to improve outcomes in drowning victims.
- **DO NOT USE AIR-FILLED OR FOAM TOYS.** These toys are not designed to be used as flotation devices.

An estimated 60% of
all drownings are wit-
nessed

The most important
steps are :

1. Wear a Life Jacket
2. Learn to Swim
3. Never Boat Under the Influence